

The Maine East Coast Greenway is the Maine portion of the vision for an 'Urban Appalachian Trail' extending over 2,600 miles from Key West, Florida to Calais, Maine. In Maine, it is a bicycle route that is mainly on existing roads with a few off-road paths included where possible.

The Maine East Coast Greenway has been divided into five distinct sections to aid in trip development and planning:

- Section 1. Kittery to South Portland: Eastern Trail (77 miles)
- Section 2. South Portland/Portland to Brunswick: Casco Bay Route (35 miles)
- Section 3A. Brunswick to Ellsworth via Belfast: Coastal Route (198 miles)
- Section 3B. Brunswick to Ellsworth via Bangor: River Route (177 miles)
- Section 4. Ellsworth to Calais: Downeast Trail (138 miles).

Section 3B extends from Brunswick to Ellsworth via an inland River Route that connects Midcoast Maine to Downeast Maine over its 177 mile length. The River Route offers gorgeous views of Maine's interior that includes the Androscoggin, Kennebec and Penobscot River Valleys. Be sure to leave plenty of time for exploration because there are numerous museums, historical sites, hiking trails and other interesting sites along the way.

Special Features: Exploration of three river valleys, Maine's Capitol.

Road Conditions: Generally good; however, some broken pavement, dirt and uneven surfaces and soft shoulders.

Services: There are no bike shops immediately on the route.

Bike shops off the route but relatively close: Center Street Cycles, Brunswick, 729-5309; Rainbow Bicycle, Auburn, 800-244-7576; Moe's Bicycle Shop, 54 Sabattus Street, Lewiston, 783-2641; Mountain Bike Service, Lewiston, 782-7412; Pedal Power, Lewiston, 783-0622; Roy's Bicycle Shop, Lewiston, 783-9090; Xtreme Sports, Lewiston, 777-5234; Auclair's Cycle and Ski, Augusta, 800-734-7171; Woodbury's Recumbent, Monmouth, 933-6020; Hilltop Bike and Ski, Manchester, 623-6219; C M Cycle, 209 College Avenue, Waterville, 873-5490; Mathieu's Cycle and Fitness, Oakland, 465-7564; L & J's Bike Shop, Veazie, 945-9932; Ski Rack Sports, Bangor, 698-6474; Stillwater Recumbents, 827-6461; The Bike Shop, Old Town, 827-5450; Pat's Bike Shop, 373 Wilson Street, Brewer, 989-2900; Rose Bike Shop, Orono, 866-3525; Bar Harbor Bicycle Shop, Ellsworth, 667-3886.

LEGEND. **!**: Important tour directions. **CS**: Convenience store. **I**: Information, tour services.

A: Accommodations, non-camping. **C**: Camping location. **R**: Restaurant. **S**: Scenery.

ATM: Automatic teller machine location. **HX**: Historic interest site. **H**: Hiking trailhead/crossing.

P: Picnic site. **BS**: Bicycle Shop. **T**: Transportation connection. **OPTION**: Optional side trip.

For accommodations contact; Lewiston Chamber of Commerce, 179 Lisbon Street, Lewiston, ME 04240, 207-783-2249; Augusta Chamber of Commerce, 7 University Drive, Augusta, ME 04330, 207-623-4568; Waterville Chamber of Commerce, 1 Post Office Square, Waterville, ME 04901, 207-873-3315; Bangor Chamber of Commerce, 207-947-5205; and Ellsworth Chamber of Commerce, 163 High Street, Ellsworth, ME 04605, 207-667-5584.

Cautions: Some heavy traffic, especially in urbanized areas, and narrow roads.

Starting Point: Ride originates from the Androscoggin River Trail in Brunswick located off Water Street in downtown Brunswick.

Please note: The Maine Bicycle Tours are published by the Maine Department of Transportation (MDOT) as an aid to bicyclists. All routes shown on these tours are on regular state and local roads used by automobiles, trucks, buses and other motorized vehicles. The MDOT in no way warrants the safety and suitability of routes indicated on these tours for shared bicycle/motor vehicle use or for use by young or inexperienced cyclists. Bicyclists assume the risk for their own safety at all times when traveling on the indicated routes.

Although the MDOT has made a reasonable effort to ensure that the information contained in this guide is correct as of the date of publication, the actual conditions cyclists encounter may vary and the MDOT in no way warrants its accuracy. MDOT assumes no liability for personal injuries or property damage suffered by cyclists.

Mileage readings may vary. We recommend you carry a detailed map of the area with you. All roads on this bike tour can be found in the Maine Atlas and Gazetteer from DeLorme Mapping Co. (www.delorme.com).

LEGEND. **!**: Important tour directions. **CS**: Convenience store. **I**: Information, tour services.

A: Accommodations, non-camping. **C**: Camping location. **R**: Restaurant. **S**: Scenery.

ATM: Automatic teller machine location. **HX**: Historic interest site. **H**: Hiking trailhead/crossing.

P: Picnic site. **BS**: Bicycle Shop. **T**: Transportation connection. **OPTION**: Optional side trip.

Section 3B. Maine East Coast Greenway: River Route
Brunswick to Ellsworth

3

!	0	The tour begins at the trailhead of the Androscoggin River Pathway off of Water Street in downtown Brunswick. Parking available. Follow the path for 0.4 miles then turn right to follow the path over the river. Note: The path is to the right of the fence or you can ride the paved shoulder to the left of the fence. The Maine East Coast Greenway: Coastal Route (Section 3A) also begins here, continuing straight, following the pathway along the river.
!	0.4	At the intersection of Route 24 and Route 196 in Topsham, continue straight on Route 196 for 1.4 miles to Route 201. Wide paved shoulder.
! R,ATM, CS	1.8	At the intersection of Routes 196 and 201 (Main Street), continue straight on Route 196 for 6.5 miles to Main Street in Lisbon Falls. Bike lanes exist for the first section on Route 196.. All services are available along Route 196 in Topsham or at the Topsham Fair Mall. After crossing I-95, the bike lanes end and Route 196 has wide paved shoulders but high speed, heavy traffic.
!, CS,R, ATM	8.3	Turn sharply to the right on Main Street (Route 125) and follow 2.1 miles to Gould Road. Enter Lisbon Falls. Lisbon Falls has a bank and restaurant. <i>Kitty Corner convenience store.</i>
!	10.4	Take a sharp left on Gould Road, which becomes Upland Road at Route 9 crossing, and continue 3.2 miles to Webster Road in Lisbon.
! S,CS,R	13.6	Turn left on Webster Road and proceed 0.1 miles to Route 196 and downtown Lisbon. Enter Lisbon; stores and restaurants.
!	13.7	Cross Route 196 at lighted intersection onto Main Street and proceed 0.3 miles to Pine Woods Road.
!	14.0	Turn right on Pine Woods Road and continue 2.5 miles to Ferry Road (Note: pay attention to road signs as the road names in the Maine Atlas and Gazetteer are not accurate).
!	16.5	At the intersection of Pine Woods Road and Ferry Road turn right on Ferry Road (also called Cotton Road, but named River Road in the Maine Atlas and Gazetteer). Continue 2.2 miles to next road crossing.
!, A, CS, R, ATM S	18.7	Turn left on Ferry Road (which becomes River Road but is unlabeled in the Maine Atlas and Gazetteer) and continue 3.9 miles to Lincoln Street. Enter the City of Lewiston, Maine's second largest city and home to Bates College. Nice views of the Androscoggin River. <i>Many choices for accommodations, food and banking. Contact the Lewiston Chamber of Commerce at 207-783-2249.</i>

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.

A: Accommodations, non-camping. C: Camping location. R: Restaurant. S: Scenery.

ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.

P: Picnic site. BS: Bicycle Shop. T: Transportation connection. *OPTION*: Optional side trip.

!	22.6	River Road becomes Lincoln Street at intersection with South Avenue. Continue on Lincoln Street 1.4 miles to Cedar Street.
!	24.0	Turn left on Cedar Street and go 0.1 miles to Oxford Street.
!	24.1	Turn right on Oxford Street and go 0.1 miles to Chestnut Street.
! OPTION 1 S OPTION 2 ATM,R,S	24.2	Turn right on Chestnut Street and continue 0.2 miles to Lisbon Street. <i>OPTION: Side trip to Railroad Park located along the Androscoggin River (0.8 miles roundtrip) - Continue 0.1 miles on Oxford Street. Turn left on Beech Street and cross a one-lane bridge over canal. This is the entrance to the park which has fine views of the Androscoggin River. You should see a lighted pedestrian\bike trail which makes a short loop. Return to the intersection of Oxford Street and Chestnut Street to continue on the Bike Tour.</i> <i>OPTION: The City of Auburn is located across the river from Lewiston and is building riverfront walkways and trails as part of its revitalization efforts. All services are available including bike shops.</i>
!,CS, ATM,HX, T,BS	24.4	Turn left on Lisbon Street (note: this is a one-way street) and continue 0.1 miles to Pine Street. Downtown Lewiston, all services available.
!	24.5	Turn right on Pine Street and proceed 0.2 miles to Bartlett Street.
!	24.7	Turn left on Bartlett Street and continue 0.2 miles to College Street. Paved shoulders.
!, S	24.9	Turn right on College Street (designated Bike Route) and continue 5.6 miles to North Hatch Hill Road. Paved shoulder for most of its length. <i>Scenic view of Bates College campus.</i>
!	30.5	Turn right on North Hatch Hill Road that later becomes Sprague Mill Road. Follow this road for 1.9 miles to Bull Run Road.
!,S	32.4	Turn right on Bull Run Road and continue 3.0 miles to Route 132 and Wales Center. Views of Sabattus Pond.
!	35.4	Bull Run Road intersects with Route 132. Cross Route 132 and continue 2.2 miles on Woods Road, which becomes Avenue Road to East Road.
!	37.6	Turn left on East Road and continue 0.3 miles to Route 9/126.
!	37.9	Bear right then immediately left on Route 9/126 and proceed 8.9 miles on Route 9/126 to Spears Corner Road. Paved shoulder.
CS, ATM	39.9	<i>South Monmouth Market convenience store.</i>
S, R	41.9	<i>Len's Fish-N-Chips Country Café. Scenic Woodbury Pond and Sand Pond.</i>

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.

A: Accommodations, non-camping. C: Camping location. R: Restaurant. S: Scenery.

ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.

P: Picnic site. BS: Bicycle Shop. T: Transportation connection. OPTION: Optional side trip.

!, R,CS	46.8	Turn left on Spears Corner Road and continue 1.6 miles to Townhouse Road. <i>Litchfield Country Store and The Inn at Bachelder's Tavern</i>
!, CS	48.4	In West Gardiner continue on Townhouse Road (named Cross Road in the Maine Gazetteer) for 0.8 miles to Litchfield Road. <i>Four Corners convenience store.</i>
!	49.2	Turn right on Litchfield Road and go 5.9 miles to Middle Street. Caution: No shoulder, moderate traffic.
!, HX,R,CS	55.1	Litchfield Rd. curves sharply to the left and becomes Middle St. as you enter Hallowell. Continue 0.4 miles toward Central Street and historic downtown Hallowell. Enter Hallowell, known for its antique shops, restaurants and bakeries.
! HX,S	55.5	Turn right on Central St. and go two blocks to Second St. The Hubbard Free Library is on your right at this corner. It is the oldest library building in Maine and local and historical information is available. Turn left on Second St. go two blocks and turn right on Winthrop St.
!, S, A, CS, R, I, ATM	55.6	Go one block on Winthrop St. to Water St. (Rt. 201) and turn left. (Use caution at this crossing as traffic is heavy). After turning look for an immediate right into the trail head for the Kennebec River Rail Trail.
!	55.6	Follow the Kennebec River Rail Trail to Water St. in Augusta. <i>This is a newly constructed shared use path that offers fine views of the Kennebec River.</i>
! OPTION	56.8	<i>OPTION: Just past the Augusta Sewage Treatment Plan there will be a paved shared use path leading up the hill to the left. Turn here for the Augusta Capitol, Maine State Museum and Governor's Mansion. Follow the path through the parking lot to Union St. Turn left on Union St., cross through the traffic signal at State St. and the Museum and State Capitol will be ahead. The Blaine House, Governor's mansion is located one block to the right at Capitol Street. Tours are available; call 287-2301 for information on Capitol attractions.</i>
!, R, CS, ATM, I	57.7	Where the trail ends go through the parking lot of the Maine State Housing Authority and turn right on Water St. entering downtown Augusta. Water St. will become one-way to the north in one block. Downtown Augusta offers all services including banking, restaurants, shops and is home to the Bicycle Coalition of Maine at 341 Water Street (207-623-4511; www.bikemaine.org ; stop in the office to sign the guest register). <i>Contact the Augusta Chamber of Commerce at 207-623-4568.</i>

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.

A: Accommodations, non-camping. C: Camping location. R: Restaurant. S: Scenery.

ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.

P: Picnic site. BS: Bicycle Shop. T: Transportation connection. OPTION: Optional side trip.

6

!, S OPTION	57.9	At the traffic signal continue straight for 1.5 miles where the street name turns to Northern Ave. and traffic becomes two way. <i>Note for southbound riders: As you enter downtown Augusta on Northern Ave., bear right on Commercial St. after going under railroad overpass. Follow Commercial St. until it ends turning left at Winthrop St. and then right onto Water St. where it again becomes two-way. Turn left into the parking lot of Maine State Housing Authority to find the Kennebec River Rail Trail.</i> <i>OPTION: Turn right on Bridge Street and cross Kennebec River to visit Fort Western, a restored historical fort. Augusta City Hall located adjacent to Fort Western for public bathrooms and water. Turn right on Arsenal Street for hospital and to visit the Arsenal, a beautiful munitions storage facility from the 1800's with outstanding granite buildings, on the National Historic Register.</i> <i>Scenic views of the Kennebec River.</i> <i>Several miles of the Kennebec River were restored with the historic removal of the Edwards Dam in 2000 (on your right soon after crossing Bridge Street). It restored fisheries that had been blocked by the dam for many years.</i>
!, CS, S	59.4	Bear right on Route 104 at fork and travel 16.5 miles to Thomas College located directly off of Route 104 in Waterville. Paved shoulders are planned for this stretch of Route 104 in the near future. <i>C&H Country Store in Sidney.</i> <i>Scenic views of rolling farmland, the Kennebec River Valley and 18th century farmsteads.</i>
!, C	75.9	After passing Thomas College continue 1.2 miles on Route 104 to the intersection of Routes 104/11/137. <i>Countryside Campground, 207-873-4603.</i> Enter Waterville, home of Colby College.
!	77.1	At the intersection of Routes 104/11/137 bear right on Silver Street and continue 0.7 miles to fork in road.
!, A, I, CS, R ATM	77.8	Bear right at fork in road and continue on Silver Street for 0.6 miles to Spring Street. <i>Many choices for accommodations, food and banking. Contact the Waterville Chamber of Commerce at 207-873-3315.</i>

LEGEND. **!**: Important tour directions. **CS**: Convenience store. **I**: Information, tour services. **A**: Accommodations, non-camping. **C**: Camping location. **R**: Restaurant. **S**: Scenery. **ATM**: Automatic teller machine location. **HX**: Historic interest site. **H**: Hiking trailhead/crossing. **P**: Picnic site. **BS**: Bicycle Shop. **T**: Transportation connection. *OPTION*: Optional side trip.

!, S	78.4	<p>Silver Street intersects Spring Street near the town center, cross over onto Silver Street and proceed through the town common/shopping area until you intersect Main Street (one-way). This is a lighted intersection, go across Main Street onto Temple Street and proceed one block to the Two Cent Bridge (crossing Front Street). Distance traveled from town center area to footbridge is approximately 0.4 miles.</p> <p>To reach City Hall turn right on Main Street for one block. City Hall also houses the historic Opera House and has public restrooms and water.</p> <p><i>Scenic view of the Kennebec river (future bike trail development located along the Waterville side of the Kennebec River).</i></p>
!	78.8	<p>Walk across footbridge and turn right on a service road located behind the Winslow Town Hall. Continue on service road until you intersect with Benton Avenue. Distance traveled from footbridge to Benton Avenue is 0.4 miles. Enter Winslow.</p>
!	79.2	<p>Turn left on Benton Avenue and continue 3.0 miles to Route 139/11/100. Enter Benton.</p>
!	82.2	<p>Turn right on Route 139/11/100 and continue 1.9 miles to the town of Benton.</p> <p><i>Convenience stores located along this route include Bob's Country Market and Libby's Variety.</i></p>
!	84.1	<p>In Benton follow signs for Route 139 and cross over the Sebasticook River. Continue 11.0 miles on Route 139 to South Horseback Road. Paved shoulders for half of this length of Route 139.</p>
!, CS, S <i>OPTION</i>	95.1	<p>Turn left on South Horseback Road (South Horseback Road becomes North Horseback Road) and continue 9.0 miles to Basford Road.</p> <p><i>OPTION: Continue on Route 139 into Unity for services that include School Street Variety, a market and pharmacy, and Field of Dreams Park. Back track to return to the Bike Tour. Unity is home to Unity College and has the goal of creating a walking and bicycling oriented community. Unity hosts the Common Ground Fair the 3rd week of September.</i></p> <p>Caution: This begins a 20 mile long stretch (to mile 114) with no services. Make sure you have adequate water and supplies.</p> <p><i>Patterson's convenience store at Reynolds Corner. Scenic views of Unity Pond.</i></p>
!	104.1	<p>Turn right on Basford Road and go 1.2 miles to Route 220.</p>
!	105.3	<p>Turn left on Route 220 and proceed 4.4 miles to Route 69. Caution: No paved shoulders and moderate traffic.</p>

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.

A: Accommodations, non-camping. C: Camping location. R: Restaurant. S: Scenery.

ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.

P: Picnic site. BS: Bicycle Shop. T: Transportation connection. *OPTION*: Optional side trip.

!	109.7	Turn right on Route 69 and travel 4.6 miles to Plymouth Town Center. No paved shoulders.
!, CS, S	114.3	Continue east on Route 69 passing through Plymouth Town Center and proceed 5.6 miles to Route 143. Village Store with sporting goods. <i>Scenic view of Plymouth Pond, ridges and valleys.</i>
!	119.9	Turn right on Route 143 and continue 2.2 miles to Marcho Road (a dirt road).
!	122.1	Turn left on Marcho Road (also named South Etna Road in Maine Atlas and Gazetteer). Continue 1.5 miles to Cook Road.
!	123.6	Turn right on Cook Road and go 1.0 miles to North Road located near Arnold's Corner.
!	124.6	Turn left on North Road (mixed paved and dirt road) and continue 4.7 miles to intersection with Route 69. There are some outstanding views along North Road.
!	129.3	North Road intersects with Route 69, continue on North Road 1.1 miles to Newburgh Road.
!	130.4	Turn left on Newburgh Road (named Shaw Hill Road/Hinckley Hill Road in Maine Atlas and Gazetteer) and proceed 0.1 miles to Bog Road.
!	130.5	Turn right on Bog Road (after crossing over I-95) and continue 4.5 miles to Route 100/2. Caution: Shortly before Route 100/2, there is a railroad crossing at a difficult angle -- use extreme caution.
!, C	135.0	Turn right on Route 100/2 in Hermon Center and continue 0.1 miles to Cold Brook Road. Caution: High traffic. <i>Wheeler Stream Camping straight across Route 100/2, 207-848-3713.</i>
!	135.1	Turn right on Cold Brook Road and continue 1.8 miles to Odlin Road.
!, R	136.9	Turn left on Odlin Road and cautiously proceed 2.7 miles to Perry Road (be cautious of heavy traffic and semi-trucks). Dysarts Truck Stop is located at this intersection -- one of Maine's quintessential truck stops.
!, HX OPTION	139.6	Turn right on Perry Road and go 0.5 miles to Webster Ave (unmarked road that is used as for hiking and biking). <i>Historical WWII Museum.</i> <i>OPTION: Trip to the Bangor International Airport located at 287 Godfrey Boulevard, 207-947-0381, www.flybangor.com. Continue on Odlin Road crossing Routes 100\2 and passing the University College at Bangor and a YMCA on the right. Bear left on Maine Avenue and continue towards intersection with Godfrey Boulevard. Airport is to your left. This trip is approximately 3 miles from the intersection of Odlin Road and Perry Road.</i>

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.

A: Accommodations, non-camping. C: Camping location. R: Restaurant. S: Scenery.

ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.

P: Picnic site. BS: Bicycle Shop. T: Transportation connection. OPTION: Optional side trip.

!	140.1	Turn left on Webster Avenue which passes underneath I-395 and continue 1.2 miles to Buck Street. This road is unmarked and is used as a pedestrian-bike trail. The trail passes through the Bangor Municipal Golf Course and outlets to a paved road, which is Webster Avenue.
!	141.3	Turn right on Buck Street and continue 0.5 miles to Route 9/202/1A passing the Bangor Auditorium, Bangor State Fairgrounds and Bass Park Horse Race Track to the right. Enter Bangor, Maine's third largest city. Take your picture with the Paul Bunyan statue.
!, A, CS, R ATM I	141.8	Turn left on Route 9/202/1A (Main Street) and continue 0.4 miles to the signalized intersection at Summer Street (Rt. 1A/9). Many choices for accommodations, food and banking. Contact the Bangor Region Chamber of Commerce at 207-947-0307. The Bangor Region Chamber of Commerce is located at the corner of Dutton Street and Main Street, which is two blocks south on Main Street at the main entrance for Bass Park and the Bangor Auditorium.
!	142.2	Turn right at the signal, then immediately left on Summer Street (follow signs for Rt. 1A/9) and continue 0.2 miles to the Joshua Chamberlain Bridge. <i>OPTION: Continue straight on Railroad Street and then Front Street after turning right at the signal, to reach the Sea Dog Brewing Company, seasonal kayaking tours on the tidal Penobscot River, and bicycle parking for all activities along the Bangor Waterfront. The tree-shaded park makes a nice picnic spot and indoor public bathrooms and water are available in the Harbormaster Building.</i>
!	142.4	Turn right on the Joshua Chamberlain Bridge (Rt. 1A/9). Continue 0.3 miles across the Penobscot River to the signalized intersection at South Main St. in Brewer. (Caution: The bridge has moderate to heavy traffic with drainage grates that are depressed into the pavement. You may want to use the pedestrian sidewalk but please walk your bike if you do). Enter Brewer. The Muddy Rudder Restaurant is on the right after the bridge.
!	142.7	Turn right on South Main Street (Rt. 15) and continue 0.3 miles to Maple Street (4th left just past Police and Fire Station).
!	143.0	Turn left on Maple St. and continue 0.2 miles to the barriers where the road is blocked to motorized traffic.
!	143.2	Go around the barriers, cross the railroad tracks, and follow Maple Street Ext. around an s-curve, through a 4-way intersection (name changes here to Robertson Blvd.), then over I-395 for 0.7 mile to Parkway South. <i>This route passes through the East-West Industrial Park.</i>

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.

A: Accommodations, non-camping. C: Camping location. R: Restaurant. S: Scenery.

ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.

P: Picnic site. BS: Bicycle Shop. T: Transportation connection. *OPTION:* Optional side trip.

! BS, R, A, ATM, CS	143.9	Turn right on Parkway South and proceed 1.0 miles to 5-way stop sign. <i>Wide paved shoulders here.</i> <i>OPTION: Turn left on Parkway South for 0.8 miles to Wilson St. (Rt. 1A). All services including restaurants and lodging are in either direction on Wilson St. Pat's Bike Shop (207-989-2900) can be reached by turning left on Wilson.</i>
!S	144.9	Turn left on Elm St. and travel 3.6 miles to Copeland Hill Road.
! S, P, H, HX	146.1	Continue straight ahead. Elm St. turns into Wiswell Rd. here. <i>OPTION: In 1.7 miles from here there will be a turn on the right for the Fields Pond Nature Center (indoor bathrooms, water, trails, and swimming) and the Curran Homestead (living history museum of Irish-American family life in rural Maine). Call 207-989-1769 for more info.</i>
!, S	148.5	Turn left on Copeland Hill Rd. and go 1.2 miles to Rt. 1A. <i>Great views of the Bangor skyline from this intersection. For better views go 0.3 miles further on Wiswell. Use caution on the long steep descent.</i>
!, C, R, A	149.7	Turn right on Route 1A and continue for 2.1 miles to South Rd. Caution: Heavy trucks and turning traffic on Route 1A although there are 8-foot shoulders. <i>Woodland Terrace Motel and Golf Course is in 1.0 mile and Red Barn Campground and Restaurant is in 1.5 miles.</i>
!, CS, S	151.8	Turn right on South Rd. and go for 4.5 miles to Rt. 46 (Lower Dedham Rd.). <i>Convenience store/lunch counter at this intersection.</i>
!, S	156.3	Continue straight across Rt. 46 onto Mill Rd. and continue for 1.0 mile to the fork at Upper Dedham Rd. and Bald Mountain Rd.
!, S, H	157.3	Bear right at the fork onto Bald Mountain Road which has steep grades (Dedham Fire Department located on your left). Continue 5.4 miles to Happytown Road. At 160.9 bear right at the fork with Johnson Rd. <i>Scenic views of Oak Hill, Phillips Lake and mountainous terrain. Hiking trails to Bald Mountain located 3.3 miles from Mill Rd. intersection with Bald Mountain Road.</i>
!	162.7	Turn left on Happytown Road and proceed 0.9 miles to intersection between Happytown Road and several crossroads. <i>This intersection is unmarked and there are many camp signs.</i>
!	163.6	Continue straight on Happytown Road at the intersection of Happytown Road, Winkumpaugh Road and North Orland Road and continue 6.7 miles to Route 1/3 (paved and dirt surfaces). <i>This intersection is also unmarked.</i>

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.

A: Accommodations, non-camping. C: Camping location. R: Restaurant. S: Scenery.

ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.

P: Picnic site. BS: Bicycle Shop. T: Transportation connection. *OPTION:* Optional side trip.

!, C	170.3	<p>Turn left on Route 1/3 and continue 6.4 miles to downtown Ellsworth. Wide paved shoulders.</p> <p>The East Coast Greenway: Coastal Route to Bucksport, Belfast and Brunswick intersects here from the right.</p> <p><i>Patten Pond Camping Resort, turn right onto Route 1/3, follow for 1.1 miles, 207-667-7600.</i></p> <p>Caution: Use caution at the intersection of Routes 1/3 and 172 in Ellsworth. High volumes of merging traffic on a steep grade.</p>
!, A, CS, R, ATM, P, BS	176.7	<p>End of Bike Tour located in downtown Ellsworth at the intersection of Routes 1/3 and Route 230. Enter Ellsworth.</p> <p><i>Picnic area 3.8 miles from intersection of Happytown Road and Route 1/3. Many choices for accommodations, food, bike shop and banking in Ellsworth. Contact the Ellsworth Chamber of Commerce at 207-667-5584. Bar Harbor Bicycle Shop, Ellsworth, 667-3886.</i></p>

LEGEND. !: Important tour directions. CS: Convenience store. I: Information, tour services.

A: Accommodations, non-camping. C: Camping location. R: Restaurant. S: Scenery.

ATM: Automatic teller machine location. HX: Historic interest site. H: Hiking trailhead/crossing.

P: Picnic site. BS: Bicycle Shop. T: Transportation connection. *OPTION*: Optional side trip.